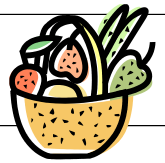
What's cooking at Kirby

Fall

	0-5 Months	6/11 Months		Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
BREAKFAST	4-6oz	6-8oz	Milk 	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	Kirby	Kirby
	-	0-2tbs	Fruit/Vegetable	Apple	Pears	Bananas		
	-	0-4oz	Grain/meat	Infant Cereal	Infant Cereal	Infant Cereal	Center	Center
LUNCH	4-6oz	6-8oz	Milk	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula		
	-	0-2tbs	Fruit/Vegetable	Carrots/Peaches	Green Bean/bananas	Carrots Applesauce	Closed	Closed
	-	0-4oz	Grain/meat	Ground Turkey	Veggie Nuggets	Sliced Hot Dog		
SNACK	4-6oz	2-4 oz	Milk	Breast Milk or Formula	Breast Milk or Formula	Breast Milk or Formula	For	For
	-	0-2 tbs	Fruit/Vegetable	Bananas	Peaches	Pears 		
	-	0-4 oz	Grain/meat	Cheerios/kix	Cheerios/kix	Crackers	Thanksgiving	Thanksgiving
	For cereal we offer: Whole Grain Cheerios and Kix							
	Fruits for this week can include : Bananas, Oranges, Apples, Pears, Watermelons, Strawberries, Peaches, Nectarines. These and other fruits are served on a seasonal basis as well as canned fruit packed in juice.							
	Fun Food Fact: Carbohydrates are the body's main source of energy and are a key fuel source for exercise and sport							
	The food served on this menu meets all current requirments of the N.J. Department of Agriculture							